

St Benedict's Parish Arcadia



PARISH Masses

Weekend:

Saturday 7:00pm Vigil
Sunday 9:00am
Sunday 10:30am

Weekday:

Mondays to Thursdays 9:30am
(Wednesday 9am Stations of the Cross)
Fridays 6.30pm Stations of the Cross
7:00pm Mass & Confession
(Reconciliation)
Saturdays 10am to 11am
Adoration & Confession
(Reconciliation)

MONASTERY CHAPEL Masses

Sundays 7:00am
Daily 7:00am

Please contact Father Shansana for the following:

**BAPTISMS
RECONCILIATION
FOR THE SICK
MARRIAGES
FUNERALS**

Fr Shansana: 0437 884 233



SECOND SUNDAY OF LENT YEAR A 4 & 5 MARCH 2023

ENTRANCE ANTIPHON

Of you my heart has spoken: Seek his face.
It is your face, O Lord, that I seek;
hide not your face from me.

SUNDAY HOLY MASS PRAYER

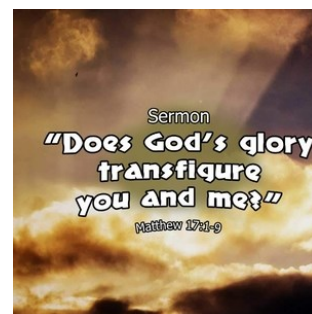
O God, who have commanded us
to listen to your beloved Son,
be pleased, we pray,
to nourish us inwardly by your word,
that, with spiritual sight made pure,
we may rejoice to behold your glory.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever. **Amen.**

REFLECTION: SHINE

Sunday's Gospel, Matthew 17:1-9

At the transfiguration Jesus' fearful disciples watch as he is transformed and shines with heavenly glory. The story of the transfiguration points us down the mountain and invites us to walk with Jesus. Not only to hearing his words but acting on them.

- **Can you hear the gentle voice of Jesus speaking to you now?**
- **Do I spend time listening to Jesus?**
- **How am I being present to God? What about my friends?**
- **Am I willing to walk down the mountain with Jesus acting on his words?**



Dear Lord,

Transfigure me Lord just like Jesus. Help me to love you more and more until my face shines with love and my actions sparkle with kindness. Help me walk down the mountain with Jesus not only hearing his words but acting on them.. Amen.

First Reading**Genesis 12:1-4 (JB)**

A reading from the book of Genesis

The call of Abraham, the father of God's people.

The Lord said to Abram, 'Leave your country, your family and your father's house, for the land I will show you. I will make you a great nation; I will bless you and make your name so famous that it will be used as a blessing.

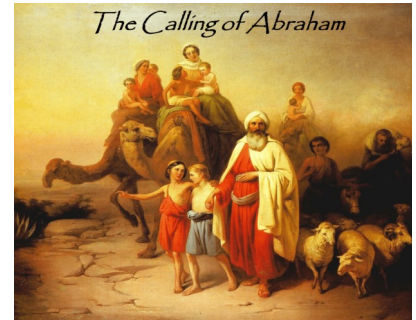
'I will bless those who bless you:

I will curse those who slight you.

All the tribes of the earth

shall bless themselves by you.'

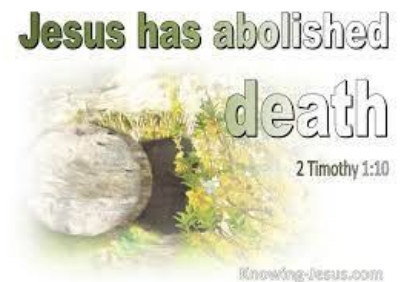
So Abram went as the Lord told him.

The word of the Lord.**Thanks be to God.****Responsorial Psalm:****R. Lord, let your mercy be on us, as we place our trust in you.****Second Reading****2 Timothy 1:8-10 (JB)**

A reading from the second letter of St Paul to Timothy

God has saved us, and called us to be holy.

With me, bear the hardships for the sake of the Good News, relying on the power of God who has saved us and called us to be holy - not because of anything we ourselves have done but for his own purpose and by his own grace. This grace had already been granted to us, in Christ Jesus, before the beginning of time, but it has only been revealed by the Appearing of our saviour Christ Jesus. He abolished death, and he has proclaimed life and immortality through the Good News.

**The word of the Lord.****Thanks be to God.****Gospel Acclamation**

Glory and praise to you, Lord Jesus Christ!

From the shining cloud the Father's voice is heard:

this is my beloved Son, hear him.

Glory and praise to you, Lord Jesus Christ!

GOSPEL**Matthew 17:1-9 (JB)**

A reading from the holy Gospel according to Matthew

His face shone like the sun.

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him'. When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

The Gospel of the Lord.**Praise to you, Lord Jesus Christ.**

GOSPEL REFLECTION

Sunday, March 5
Genesis 12:1-4
Psalm 33:4-5, 18-20, 22
2 Timothy 1:8-10
Matthew 17:1-9

I will bless you. (Genesis 12:2)

We often forget that, before the Lord called him, Abram was a pagan. That means that, like everyone else around him, he worshipped false gods whose stories were steeped in the selfishness, violence, and pettiness of the world.

So, imagine Abram's surprise when he encountered Yahweh, the one true God! He was unlike any other "gods" Abram had already worshipped. There was a selfless quality about the way the Lord spoke to him. He didn't ask Abram to perform elaborate sacrifices; he didn't command him to go into battle on his behalf; he didn't even threaten to kill him if he didn't obey him. Instead, the Lord was totally invested in Abram, not himself. He promised to "bless" Abram even before Abram had done a single thing for him (Genesis 12:2). All God wanted was for Abram to leave home, that place of violence and selfishness, and travel to a new land where he and his descendants could begin a new, grace-filled life.

Just as he did for Abram, God wants to bless you—simply because he loves you. He's not concerned with how much you sacrifice to him. He isn't calculating your reward based on the number of good deeds you perform for him. He doesn't "need" anything from you at all. He just wants to help you leave whatever "places" of sin, violence, and selfishness are in your heart so that you can receive his blessings. All he wants is for you to experience life in the promised land, the kingdom of his beloved Son.

In a world that is so often based on the give-and-get transactions of business contracts and self-serving relationships, God's calling can be hard to believe. It can seem too good to be true. But it is! Your heavenly Father loves you for who you are. He simply wants to bless you. Will you embrace his call and enter his promised land?

"Lord, give me the faith of Abram. Help me to follow you into freedom."

(Source: Word Among Us India Feb-Mar Pg 29)

LITURGICAL FEASTS AND EVENTS OF THE WEEK

- | | |
|-------------|--|
| Monday 6 | Readings: Dan 9:4-10. Lk 6:36-38.
R: Lord, do not deal with us as our sins deserve. |
| Tuesday 7 | Readings: Is 1:10, 16-20. Mt 23:1-12.
R: To the upright I will show the saving power of God.
Sts Perpetua and Felicity, martyrs. |
| Wednesday 8 | Readings: Jer 18:18-20. Mt 20:17-28.
R: Save me, O Lord, in your steadfast love.
St John of God, religious. |
| Thursday 9 | Readings: Jer 17:5-10. Lk 16:19-31.
R: Happy are they who hope in the Lord.
St Frances of Rome, religious. |
| Friday 10 | Readings: Gen 37:3-4, 12-13, 17-28.
R: Remember the marvels the Lord has done. |
| Saturday 11 | Readings: Micah 7:14-15, 18-20. Lk 15:1-3, 11-32.
R: The Lord is kind and merciful |



Source: Ordo 2023

POPE FRANCIS' PRAYER INTENTION FOR MARCH 2023

FOR VICTIMS OF ABUSE

We pray for those who have suffered harm from members of the Church;
may they find within the Church herself a concrete response to their pain and suffering.



THE RULE OF ST BENEDICT

Chapter 4

Daily in one's prayer, with tears and sighs, to confess one's past sins to God.

PARISH FUNDS

Your support as always is much appreciated. For those wanting to make payments directly to our bank account here are the details:

Bank Details for ONLINE only donations:
BSB: 062 784 Acct: 100002141
Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund

ANNIVERSARY OF RELIGIOUS PROFESSION

SR WENDY BARTLETT

2nd March 2008 - 15 years

Congratulations and best wishes on the Anniversary of your Religious profession commitment.

The parish of St Benedict's give thanks to the Lord for your vocation and your faithful commitment to the Lord. God's richest blessings be yours.

LENTEN GROUP

Lenten Group is held during Lent for everyone:

Every Wednesday night 7pm until Good Friday

Address: 726A Old Northern Road, Dural.
RSVP Ph: Benigna 0450 311 951

Program led by Gebran Azzi.

Everyone welcome!

REST IN PEACE

It is with great sadness we announce the passing of:



SIMON BASHA



6 December 1941 - 1 March 2023

Funeral was held on Friday 3rd of March.

*Eternal Rest grant to him O Lord,
And let the Perpetual light shine upon him,
May he Rest in Peace.
Amen*

Our prayers and thoughts are with all the Basha family and friends.

MISSION: CHANGE THEIR LIVES ... AND YOURS



Palms Australia

Communities in Africa, Asia or the Pacific are seeking Australians from a variety of professions and trades to share their skills with those who have less opportunity to develop their talents.

Explore 35 positions by scanning the QR code below. On our website you can also see news including stories from those currently supported in Timor-Leste, Samoa, American Samoa and Thailand.

Please enquire further about potential assignments for you or someone you know:

Call: 02 9560 533 or 0422 472 567

Website: <https://palms.org.au/>



REST IN PEACE

It is with great sadness we announce the passing of:



CHRIS SINGLETON



3rd of March 2023

*Eternal Rest grant to him O Lord,
And let the Perpetual light shine upon him,
May he Rest in Peace.
Amen*

Our prayers and thoughts are with the Singleton family and friends.

CATHOLIC CARE

Do you have a problem that you can't solve on your own?

**Contact CatholicCare.
Ph: 1800 324 924**



In Our Parish

(please let us know if you would like someone added here)

We welcome into God's family, all who were recently baptised.

We pray for the sick of our Parish, especially Tony Takchi, Brother Mario and Koana Zouein (Rita Sarkis' mum).

We remember in our prayers all our dearly beloved who have died, especially Simon Basha and Chris Singleton....may they Rest in Peace.



ST BENEDICT'S MEN'S MEET & GREET

PLEASE join us for our next Men's Meet & Greet:

Monday 13th March 2023

7.30pm to 8.30pm

in an hour of get-together for men of different ages at St Benedict's.

It will be an informal opportunity to get together and communicate, and share thoughts.

VOLUNTEER OF THE WEEK!

This week's nomination we would like thank:

PAULINE HONOR for all her volunteer work. Pauline is a catechist, as well as organises World Day of Prayer amongst other things for our parish. Always ready to help us. Thank you for everything you do for us!

*Is there someone you would like to nominate?
Please mention it to Fr Shansana or Paula.*

CATECHISTS' NEWS

All SRE (Scripture) classes have now resumed.

Free training currently available – this week 6th/7th March Monday 10am – 12:30pm and Tuesday 6:30pm – 8:30pm via Zoom – on Lesson Planning:

Teaching the Authorised Curriculum. This training is for new Catechists or those on Provisional Authorisation cards. Next week the topic will be Development of the Child and Adolescent.

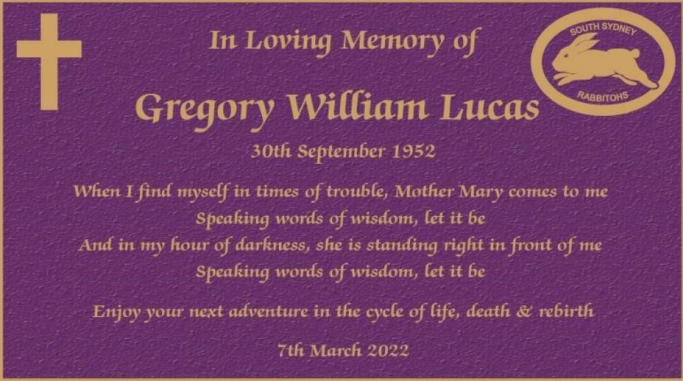
If you are available on Wednesday or Friday morning during school terms and love being with children, consider joining this worthwhile ministry, talk to myself; one of our Catechists or any of our priests. Training, a Teacher's Manual and workbooks are provided free.

God bless,
Miriam Brown srearcadia@gmail.com
Parish Catechist Coordinator

DURAL & DISTRICT HISTORICAL SOCIETY

At the society's next meeting on Sat 11 March, St Benedict's parishioner, Judy Horton, will give a talk about Foster's Waterhole. Many locals remember visiting or hearing about this spot and Judy will tell the story of its importance to the community over many years.

The free talk will be at 2pm on Saturday 11 March at the Galston Uniting Church, School Road Galston. All welcome, afternoon tea gold coin donation.



SACRAMENTAL PROGRAM RESUMES

**For those already enrolled:
First Reconciliation Classes begin:**

Mondays 6th March 2023 until 27th March 2023 – 4.15pm to 5.15pm

Wednesdays 8th March 2023 until 29th March 2023 – 5.30pm to 6.30pm

1st Reconciliation on – Saturday 1st April - 10am

(our next Sacramental Program will be announced in May, commencing with Confirmation).



Confirmation Eucharist Reconciliation

CLEAN UP

We will be cleaning up the balcony, removing the chairs and placing on the curb for pickup. If you can join us after the 10.30am Mass to help out for half an hour we would really appreciate it!

STATIONS OF THE CROSS

You are all invited to Stations of the Cross for prayer, reflection and meditation on Christ's Passion inside the Parish Church every:

Wednesday mornings 9am

Friday nights 6.30pm

CCC PRAYER GROUP

Prayer meeting held every

Friday nights: after 7pm Mass

Wednesday mornings: after 9.30am Mass.

Everyone welcome. **Come and meet new people.**

For more details call Mary Camilleri on 0403 116 987.



ITALIAN ROSARY GROUP

Every Monday 2.00pm.

Everyone welcome.

For more details call Angela Egiziano.

Ph: 9653 2312.



DONATING MEN'S CLOTHING FOR SEAFARERS

Stella Maris Seafarers, a Catholic organisation helping seafarers, would appreciate any donations of second hand men's clothing, as well as any personal hygiene items such as soap, shampoo, deodorant, toothbrush, toothpaste etc.

Please leave the items in the meeting room near the kitchen and they will be picked up weekly and taken to Sr Mary Leahy and I can tell you she will be most excited. Many Thanks for your kind Generosity.

(That's Sr Mary in the yellow helmet and one of the crew. She boards every ship that pulls into Botany Bay and checks on the welfare of the sailors, she is also a trained nurse and if she sees sick, injured or suspects abuse etc she is onto it.)

Cheers,
Cathy Holling
Ph: 0403 062 255



HOLY HOUR & DISCERNMENT EVENING

HOLY HOUR & DISCERNMENT EVENING

Come join us for an inspiring and enlightening talk with Sr Anna as she shares her unique discernment journey.



17
MARCH
6PM-8:30PM

SPEAKER
SR ANNA PHAM, SPC

HOLY NAME PARISH
WAHROONGA
35 Billyard Ave
NSW Wahroonga 2076

RSVP

0418 522 449

VOCATIONS.MINISTRY@BBCATHOLIC.ORG.AU



Come join us for an inspiring and enlightening talk with Sr Anna as she shares her unique discernment journey. Sr Anna will offer her own personal testimony and will answer any questions you may have. Learn how to develop a deep relationship with God and discover how to find the path that best fits your personal goals and spiritual needs. This talk is open to all and is sure to provide valuable insight and guidance. Don't miss this opportunity to learn from an experienced and dedicated woman of faith.

Holy Hour 6pm – 7pm in the church
Dinner & Talk 7pm – 8:30pm The Sunroom
Venue: Holy Name Parish Wahroonga

Date: Friday March 17

Time: 6pm

We begin with Adoration & Prayer in the church at 6pm

Please RSVP to 0418 522 449 or

vocations.ministry@bbccatholic.org.au

WE ARE SEEKING VOLUNTEERS FOR OUR COMMUNITY VISITORS SCHEME

JUST ONE HOUR A FORTNIGHT REQUIRED

Would you like to volunteer for an organisation with exceptional values?
Are you passionate about achieving positive outcomes for seniors?

We're seeking volunteers for our Community Visitors Scheme (you do not have to be Catholic or religious at all to volunteer).

Our volunteers have flexibility to choose a day and time that suits them, we just ask for a commitment of at least one hour per fortnight. As a volunteer you will visit seniors in a local aged care facility or in their own home and help improve their quality of life.

Affectionately referred to as CatholicCare's 'friendship program', you will be able to build new connections and positive relationships with someone who will greatly appreciate your company. The time will be spent having a cuppa, going on outings, reading together, listening to music, playing games and other activities. Please visit www.catholiccaredbb.org.au/volunteer/ for more information.

**VOLUNTEERS
NEEDED**

COMMUNITY
VISITORS SCHEME

CatholicCare
Diocese of Broken Bay



(02) 9481 2600

www.catholiccaredbb.org.au/volunteer

Saint Frances of Rome, Religious

C. 1384—1440

Feast Day: March 9

Patron Saint of motorists and widows

Frances was born into an aristocratic family in the Eternal City of Rome near the famed Piazza Navona. From an early age, she was drawn to God and responded with much generosity. At the age of eleven, she told her father that she wanted to become a nun, but her father had other plans for her life. He informed her that he was giving her hand in marriage to Lorenzo Ponziani, a wealthy aristocrat who was a commander in the papal army. Frances struggled with her father's decision and brought her concern to a local priest. After listening to her, the priest said to her, "Are you crying because you want to do God's will or because you want God to do your will?" She quickly responded that she wanted God's will, and the matter was settled. At the age of twelve, Frances was married.

Soon after her marriage, Frances was expected to assist her mother-in-law with the family's social calendar. She was to help plan and host parties, engage in frivolities, and attend numerous public meetings. Since all she longed for was a life of solitude and prayer, the social expectations placed on her wore her out and she became gravely ill. The illness lasted for months and left her on her deathbed at a tender age. As she lay dying, she had a vision of Saint Alexis, a holy monk who fled an arranged marriage to pursue his vocation, who told her that she could choose one of two options, to recover or not. She deferred to the will of God and was immediately healed.

For the next forty years, Frances embraced her marriage with her whole heart. She loved her husband and he loved her. Her humble affection and devotion to him were so great that it has been said that during those forty years they never once had an argument. Though drawn to a life of prayer, Frances often said, "A married woman must, when called upon, leave her devotions to God at the altar to find Him in her household affairs." One story relates that, while praying the psalms, Frances was called away four times to tend to family affairs before even being able to finish the prayer. Upon returning to begin a fifth time, she found the words of the psalm written in gold as a sign that her fidelity to the duties of her vocation was pleasing to God.

Though Frances was wealthy and of the noble class, she embraced a personal life of simplicity, bodily penance, fasting, and prayer. She abstained from meat except for rare occasions. She would often exchange the delectable food of the nobility for the food of poor beggars, usually receiving from them dry and moldy bread. She dressed in coarse garments, never fine linen, and often wore a hairshirt that irritated her flesh.

Frances and her husband had three children, two boys, and one girl. When a plague afflicted the city of Rome, one of her sons and her only daughter died at an early age. This personal suffering led her to join her sister-in-law to begin an informal outreach to the sick and poor. The women regularly visited hospitals, nursed the sick back to health, distributed food to the hungry, and were ministers of the compassion of Christ. Frances exhausted all of her own money and possessions to care for those who were suffering. When her money ran out, she began to beg other wealthy families for more. Eventually, some holy noblewomen in Rome were inspired to join Frances and her sister-in-law in their work.

In the year 1413, when Frances was twenty-nine years old, her husband was exiled from Rome by invaders, his property was seized, their home destroyed, and their only living son was detained as a hostage. Through it all, Frances called to mind the sufferings of Job and prayed with him, "The LORD gave and the LORD has taken away; blessed be the name of the LORD!" (Job 1:21). Within a few years, the situation was resolved, and her husband was able to move back to Rome and regain his possessions. But the chaos led Frances to turn the ruined family home into a hospital to care for the sick. One of those whom she cared for was her husband, who had suffered greatly during his exile. He was broken more in mind than in body, but her loving devotion helped him heal. During this time, it is said that she began having visions of her guardian angel, who frequently spoke to her and gave her advice. These visions continued for the rest of her life.

By 1425, Frances and other holy women in Rome were working hard to care for the poor and infirm. To help this work flourish, Frances organized a lay association of Benedictine Oblates for single and widowed women. The women who joined did not take formal religious vows nor enter a cloister, but lived together, embraced the Benedictine spirituality under the direction of a local monastery, and gave loving service to the poor and ill. Though still married and unable to join the oblates, Frances did receive the consent of her loving husband to live the rest of their marriage in abstinence from intimacy. They lived this way until Lorenzo's death in 1436.

The next year, now widowed at the age of fifty-two, Francis walked barefoot through the city to the monastery of oblates she had founded and prostrated herself on the ground before the oblates, begging for admission. She was admitted and soon after was named the superior. The desire for religious life that she felt at the young age of eleven was now realized. For the next three years, she devoted herself to the holy work of her community. When her guardian angel informed her that her mission was complete on earth, she joyfully surrendered herself to death. In 1925, Pope Pius XI declared her to be the patron saint of automobile drivers because it was said that her angel always went before her, lighting the way, as headlights illuminate the way for a car.

Saint Frances loved and served God as a wife, mother, and religious. She learned to embrace God's will over her own. Her selfless living enabled her to discover God's will in each evolution of her vocation and to serve Him in the way in which she was called. As we honor this holy woman, ponder your own vocation and commit yourself to serving the will of God in the way that gives Him the greatest glory here and now.

Saint Frances of Rome, you loved God with all your heart and served Him at every stage of your life. Please pray for me, that I may learn how to serve God within my vocation, never seeking anything other than His holy and perfect will. Saint Frances, pray for me. Jesus, I trust in You.



Please join us for morning tea after the 9am Mass

NEW ROSTER NOW AVAILABLE IN SACRISTY. PLEASE PICK UP A COPY.

NEXT WEEKEND'S ROSTER

4/3/2023 to 5/3/2023

THIRD SUNDAY OF LENT YEAR A

	Saturday 7pm	Sunday 9am	Sunday 10.30am
Acolyte		Paul E/Jerry L	
Reader1	Mary C	Bernadette W	Steve M
Reader2	Matt W	Kath M	Ava M
Prayers	Sr Carol T	Roza N	Emma M
TV		Teresa G	Caitlyn M
Music		Melanie H	Karina S
Music		Nigel M	Noelle T
Music		Keith W	
Music		Marisa Q	
Morning Tea		Sophie R	
 FLOWERS	NOT DURING LENT		

Parish Roster

Thank You!

*Thank you to all our volunteers, we really appreciate it!
If anyone would like to join our parish roster please contact the parish.*

ACKNOWLEDGMENT

We acknowledge the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

SAFEGUARDING MISSION STATEMENT

We the people of St Benedict's Parish are committed to fostering a community of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.

If you have a concern for the safety and wellbeing of a child, young person or vulnerable adult, tell someone who can help. These people in our parish can help:

Fr Shansana 0437 884 233 - Lorraine Dailey 0416 081 882 - Office for Safeguarding 8379 1605.

PARISH OFFICE HOURS:

Mondays & Fridays: 9.30am to 2.30pm

Parish Office: 02 9653 2312
Email: arcadia.parish@bigpond.com

Parish Administrator: Fr Shansana Samarasinghe OSB
Email: sanshanasamarasinghe@yahoo.com
After hours: 0437 884 233

Address: 2 Fagans Road, Arcadia NSW 2159
Postal address: 121 Arcadia Rd, Arcadia NSW 2159

Website: www.bbcatholic.org.au/arcadia
Facebook: stbenedictsarcadia

MONASTERY: 9653 1159



BANK DETAILS for ONLINE only donations:
BSB: 062 784 **Account:** 100002141
Account Name: Catholic Parish of Arcadia Bank:
CBA—Catholic Development Fund

For all parish Occupational Health & Safety and Safeguarding Children matters Contact:
Lorraine Dailey on 0416 081 882.